



Chakras

Chakra comes from the root word “to move”. According to traditional Indian medicine, chakras are said to be moving wheels or circles of energy that carry “Prana”, a life force in our body. There are seven chakras located at intersecting points for Ida and Pingala, two of the body’s main energy channels (nadis). The first chakra begins at the base of the spine and the last chakra is located at the crown of the head.

When you see pictures of the seven chakras they are often depicted as flowers with a particular color with a number of petals that corresponds to its location and type of energy it delivers.

It is said that our energy sits dormant at the base of our spine and once we awaken this energy through techniques such as Yoga and Meditation, this energy rises and activates the chakras opening our energy centers and making the wheels spin in perfect harmony so that mind, body and spirit are in balance.

- 1st Chakra – Muladhara – Root - Red
- 2nd Chakra – Svadhisthana – Sacral - Orange
- 3rd Chakra – Manipura – Solar Plexus - Yellow
- 4th Chakra – Anahata – Heart - Green
- 5th Chakra – Vishuddha – Throat - Blue
- 6th Chakra – Ajna – Third Eye - Indigo
- 7th Chakra – Sahasrara – Crown – Violet